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Local businesses warned about counterfeiters. 6

Five not-so-healthy habits you should break. 18-19

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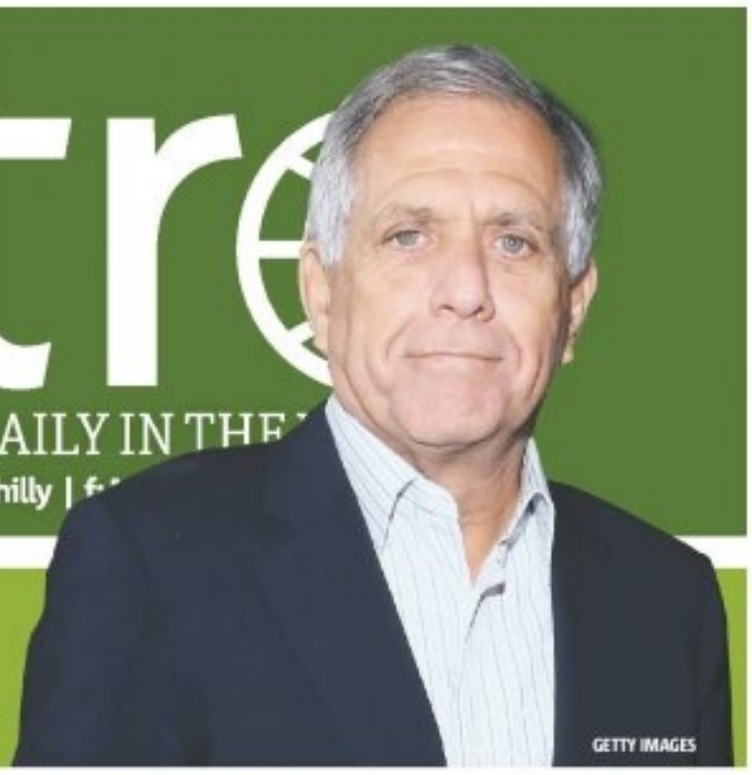
MOONVES RESIGNS

The CBS CEO stepped down after more sexual misconduct allegations surfaced. 4



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MAN OR MONSTER?

The new crowdfunded, Philly-inspired Gosnell movie will soon hit theaters. But is it right to depict the infamous doctor as a serial killer? 8-9

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5 THINGS TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

The discovery of Kermit Gosnell's West Philadelphia abortion clinic in 2011 shook the city. In a state-licensed facility, Gosnell executed viable infants, left women to die on the operating table, and dealt prescription drugs on the side. But to pro-lifers, his story didn't get enough attention, and now a conservative-backed film about his story is headed to theaters. Some have questioned the filmmakers' intentions, but the Philly detective who is the film's protagonist said the gruesome imagery in the film isn't propaganda, it's fact.

TRUMP TO OFFER WRITTEN RESPONSES IN LAWSUIT

1 President Donald Trump has agreed to provide written answers to questions in a defamation lawsuit brought by a former contestant on the television show "The Apprentice," according to court papers filed on Friday. Lawyers for Trump and "Apprentice" contestant Summer Zervos agreed to exchange sworn answers to written questions by Sept. 28, according to the filing in New York State Supreme Court. Zervos' lawyer Mariann Wang declined comment. Trump's lawyer Marc Kasowitz could not immediately be reached. Zervos, an "Apprentice" contestant in 2005, had accused Trump of kissing her against her will at his New York office in 2007 and later groping her at a meeting at a hotel in California. She came forward with the allegations in October 2016 shortly before Trump's election. Trump has denied the allegations. Zervos sued Trump for defamation in 2017 after he labeled such allegations lies and retweeted a post calling her claims a hoax. Trump and Kasowitz have been fighting the lawsuit, arguing in court filings that a sitting U.S. president is immune from being sued in a state court during his term in office.

TRUMP FACING A 'COUP,' ACCORDING TO BANNON

2 President Donald Trump is facing a "coup", former White House chief strategist Steve Bannon told Reuters, pointing to an anonymous column in the New York Times detailing resistance within the administration. "What you saw the other day was as serious as it can get. This is a direct attack on the institutions," Bannon said "This is a coup, okay." The column was published on Wednesday and was written by an unnamed senior administration official, the New York Times said. The writer slammed Trump's "amorality" and said: "Many of the senior officials in his own administration are working diligently from within to frustrate parts of his agenda and his worst inclinations." Bannon said the last time a president had been challenged in such a fashion was during the Civil War, when General George B. McClellan clashed with the then-president, Abraham Lincoln. "This is a crisis. The country has only ever had such a crisis in the summer of 1862 when General McClellan and the senior generals, all Democrats in the Union Army, deemed that Abraham Lincoln was not fit and not competent to be commander in chief," Bannon said.

DJOKOVIC WINS 2018 US OPEN

3 Novak Djokovic of Serbia celebrates after winning the U.S. Open men's singles finals match against Juan Martin del Potro of Argentina on Sunday at the USTA Billie Jean King National Tennis Center in Flushing, New York. Djokovic won in straight sets, 6-3 7-6, 6-3. ***Read more on metro.us/sports***

GETTY IMAGES

RUSSIA SAYS US DROPPED BOMBS OVER SYRIA

4 Russia's military said on Sunday that two U.S. F-15 fighter jets dropped phosphorus bombs over Syria's Deir al-Zor province on Saturday, the TASS and RIA news agencies reported, an allegation the United States denied. The air strikes targeted the village of Hajin, the last major stronghold of Islamic State in Syria, and resulted in fires, but there was no information about casualties, the Russian military said. A Pentagon spokesman denied that U.S. planes dropped phosphorus bombs. "At this time, we have not received any reports of any use of white phosphorous," said Commander Sean Robertson. "None of the military units in the area are even equipped with white phosphorous munitions of any kind." Human rights groups have said the U.S.-led coalition against Islamic State has used white phosphorous munitions over the course of the Syria conflict. The bombs can create thick white smoke screens and are used as incendiary devices. The rights groups criticize use of the munitions in populated zones because they can kill and maim by burning people to the bone.

FLORENCE STRENGTHENS, HEADS TOWARD EAST COAST

5 Florence intensified into a hurricane on Sunday and is expected to strengthen rapidly as it churns across the Atlantic Ocean toward the East Coast, where it could make landfall by the end of the week. With winds at 75 miles per hour, Florence became a Category 1 hurricane and was expected to develop within a day into a major storm, defined as Category 3 or higher, according to the National Hurricane Center (NHC) in Miami. "Make your plans now," South Carolina Gov. Henry McMaster urged residents during a Sunday afternoon news conference. "Presume that a major hurricane is going to hit right smack-dab in the middle of South Carolina." Forecasters were also tracking two more storms further out in the Atlantic, with Tropical Storm Isaac expected to become a hurricane later on Sunday as it barreled toward the Caribbean. U.S. residents from South Carolina to Virginia were warned that Florence posed an increasing risk of life-threatening coastal storm surge, as well as flooding from heavy rainfall inland. On its current trajectory, winds from the hurricane could reach the southeastern United States late on Wednesday or Thursday.

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NEWS

Moonves to resign, CBS settles lawsuit over company control: Sources

The CBS CEO agreed to a $100M settlement.

Six more women have raised sexual assault and harassment claims against CBS Corp Chief Executive Leslie Moonves in a report published on Sunday in the New Yorker magazine, while the media company has reached an exit agreement with him.

Moonves' resignation, following similar claims made by six other women against him, could be announced as early as Monday morning, according to sources familiar with the matter who asked not to be identified because the plans had not been made public.

The newly disclosed incidents, which the women said occurred between the 1980s and early 2000s, were published in the New Yorker story and included claims of forced sex, Moonves exposing himself and use of physical violence and intimidation. All six of the women were named in the article.

The New Yorker reported that these women said Moonves also retaliated after they rebuffed him, damaging their careers.

CBS has negotiated an estimated $100 million settlement with Moonves, sources told Reuters.

"I definitely think he should resign, and I don't think he should get $100 million to resign," said Linda Silverthorn, who accused Moonves of unwanted sexual advances in the New Yorker article.

Silverthorn told Reuters the New Yorker's account was accurate.

Reached by telephone, another one of the women, Phyllis Golden-Gottlieb, referred questions to lawyer Gloria Allred.

Allred told Reuters she is representing two clients in the matter who are willing to cooperate with an ongoing independent investigation, "and I do think it is important that the board receive a report."

GETTY IMAGES

Efforts to reach the other women were unsuccessful.

Moonves, 68, joined CBS in 1995 and became CEO in 2006. He could not immediately be reached to comment on Sunday after the latest claims.

In a statement to the magazine, Moonves acknowledged three of the encounters, but said they were consensual.

"The appalling accusations in this article are untrue."
Leslie Moonves

"The appalling accusations in this article are untrue," Moonves told the New Yorker. "What is true is that I had consensual relations with three of the women some 25 years ago before I came to CBS. And I have never used my position to hinder the advancement or careers of women. In my 40 years of work, I have never before heard of such disturbing accusations. I can only surmise they are surfacing now for the first time, decades later, as part of a concerted effort by others to destroy my name, my reputation, and my career."

CBS said on Sunday it takes such allegations very seriously.

"The CBS Board of Directors is committed to a thorough and independent investigation of the allegations, and that investigation is actively underway," the media company's board said in a statement.

The company also reached a deal to settle litigation over the control of the company with National Amusements in a deal expected to be announced as early as before the markets open on Monday, the sources told Reuters. A representative of CBS controlling shareholder Shari Redstone and National Amusements declined to comment.

CBS will donate a portion of the $100 million settlement to an unnamed charity and the company reserves the right to claw back all of the remaining payment pending the results of the investigation into allegations of sexual assault and harassment, the sources said.

In August, CBS hired two law firms to investigate allegations of sexual assault and unwanted advances following a New Yorker report that featured claims against Moonves from six women spanning different periods over two decades, from 1985 to 2006. REUTERS

Experts raise alarm about using dog DNA tests

If you're wondering what kinds of dog breeds make up the lovable mutt you recently adopted, you might opt for an at-home dog DNA test. Yup, like the ones you can do on yourself to see where your ancestors are from.

But don't use that kit to make health decisions for your pup, experts warn.

In a recent opinion piece published in the journal Nature, three experts detail how these at-home kits shouldn't replace in-office veterinary services.

Dog DNA test kits can be used to identify your pet's breed and what diseases they may be prone to, but the science behind the latter may not be up to snuff. ISTOCK

Though vets have had access to dog DNA tests for a while, there are still unknowns, especially with the at-home kits, about what the data means. There are crucial scientific questions to understand before you can use the results to make a medical decision for an animal.

"If you are looking at a mutation you think is associated with neurological disease, how many dogs with the mutation actually end up getting sick?" said Dr. Lisa Moses, a veterinarian at the MSPCA Angell Animal Medical Center and a bioethicist research scholar with the Harvard Center for Bioethics. "We still don't know the answer."

Many individuals with a certain genetic mutation never get sick, she explained, and for any given genetic disease, there are a lot of other factors besides one gene mutation that determine whether or not someone, or some animal, will fall ill.

So until it's known just how many dogs of a certain breed are likely to get a disease if they have one genetic mutation, "it's really hard to know whether the [dog DNA test result] means anything or not."

In a statement sent to Metro, Ryan Boyko, CEO of Embark, a leading consumer dog DNA test company, said that Embark's test results are at least 99.99 percent accurate, but that dog owners should bring that information to their vet, not make medical decisions completely on their own.

"Genetic testing results can be very useful for veterinarians to help better assess symptoms in a dog or to guide clinical care in certain situations," he said. "Many of the mutations tested are highly predictive of certain health problems."

But making "inappropriate conclusions" from your dog DNA test results can be harmful, he added.

The problem, Dr. Moses said, is that the average vet may not even know what to do with the kit test results, or how to correctly interpret them, because they're not a genetics expert.

Vets also don't know exactly how these companies are doing their tests, because the companies don't have to disclose that information. Companies tend to be vague about what specific genetic variant they are even testing for, per the Nature piece.

So, what if you already sent in your pup's cheek swab, or were planning to order a dog DNA test kit?

"What I would say is, if you want to do it for fun, do it for fun, but don't make medical decisions based on the results," Dr. Moses said. "Good old regular check-ups are a better way to take care of your dog at this point." KRISTIN TOUSSAINT

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Counterfeit money. GETTY IMAGES

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Businesses warned about counterfeit cash making its way through the city

Officials shared that the counterfeiters have figured out how to avoid detection by marker pens.

SARAH LUOMA
letters@metro.us

State officials are warning business owners and residents about counterfeit money that has been discovered circulating through Philadelphia.

Secret Service Agent Al Feaster of Philadelphia spoke to Action News about the recent surge in fake cash. "Counterfeit is very widespread and it's keeping us busy … we are currently investigating a number of these cases."

Unfortunately, counterfeit money has been more difficult for business owners and the public to detect now that counterfeiters have discovered a way to avoid detection by marker pens that assist in showing an individual if a bill is real or counterfeit.

Officials have advised those who are questioning whether their money is counterfeit or real can go to their local bank or secret service office for assistance.

One Philadelphia business owner has fallen victim to counterfeit money in the last two weeks.

"All of a sudden, we saw a surge of counterfeit $20 bills and $100 bills in the store," 7-Eleven store owner Vincent Emmanuel shared. "They look almost real, but at the same time they're not real."

Emmanuel was informed by his bank of the fake money that has been flooding his store at 23rd Street and Passyunk Avenue in South Philadelphia.

"In the last 24 hours, there have been two different customers who tried to pass a $100 counterfeit bill, then a little kid comes in here and asks me, 'Give me ones for the $20s?' They were all fake bills," he said.

"If somebody bleaches a dollar bill and they print $20 on top of that, that pen is not going to detect anything," Emmanuel said.

According to the Secret Service, anywhere between $45,000 to $50,000 of counterfeit bills makes its way through Philadelphia weekly.

The Secret Service is now directing the public to a website called "Know Your Money" for tips and tricks on how to distinguish counterfeit money from real money.

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The clinic, named the Women's Medical Society in West Philadelphia, was run by Gosnell. SAM NEWHOUSE

Kermit Gosnell mug shot. PHILADELPHIA POLICE DEPARTMENT

Gosnell movie on infamous abortion doctor to hit theaters

Was notorious West Philly abortionist Dr. Kermit Gosnell a serial killer, or just misguided? Gosnell's defense lawyer and a former Philly detective sound off.

SAM NEWHOUSE
sam.newhouse@metro.us

The story of Dr. Kermit Gosnell, a West Philly abortionist currently serving life for the murders of three viable infants, will soon be hitting theaters nationwide, and the film's release is not without controversy.

"What he was doing was just beyond absurd," said former Philly police detective James Woods, one of the first to discover the horrors inside Gosnell's clinic, and the main character in "Gosnell: The Trial of America's Biggest Serial Killer," portrayed by actor Dean Cain. "It's kind of hard to believe if you weren't really there."

Woods, now an investigator at the Montgomery County DA's office, raided Gosnell's clinic at 38th and Lancaster in 2010, looking for the source of illegal drugs. But they also found evidence of other crimes: the remnants of some 45 fetuses aborted at the clinic, stored in various containers, including a row of jars containing aborted babies' feet.

"It was something I'd never seen in my life," Woods said. "I had never been in an abortion facility before. The feet in the jars, I didn't know if that was normal. But come to find out, they were his trophies."

Some have questioned the motives of the filmmakers, outspoken conservatives who garnered widespread support from the pro-life movement as they crowd-funded the film's $2.2 million budget. Co-producers Phelim McAleer and Ann McElhinney are known for their films criticizing environmentalists, supporting fracking, and for staging controversial plays about the murder of Michael Brown and Hillary Clinton's leaked emails.

After viewing the film's trailer, Gosnell's defense attorney at trial, lawyer Jack McMahon, described it as "fiction" and said he was never contacted by the filmmakers.

"They never talked to me, maybe because they didn't want to hear what I had to say," McMahon told Metro. "They have a right to put out their agenda and have a philosophy, I totally respect that. But if you want to do a movie about an actual incident, don't you think you should talk to the participants in it?"

In the film, Gosnell's lawyer is named "Mike Cohan," physically resembles McMahon, and is played by the film's director, Nick Searcy. But McMahon said some scenes in the trailer were "totally fabricated," like when the defense lawyer character attacks Woods as "an overly zealous, Catholic investigator." (The full film was not available for preview at press time.)

McAleer, the co-producer, claimed they did reach out to McMahon, but didn't get a response. He said the above-referenced scenes did occur, just in different contexts.

"We have conducted dozens of hours of interviews with Kermit Gosnell, both in person and on the phone. He has lodged numerous appeals in various courts. On every occasion, including in court documents, he cites that he was the victim of a Catholic cabal of investigators and prosecutors. It is a significant part of Gosnell's claim of innocence," McAleer said via email. "We rely heavily on actual court transcripts — the film rep-

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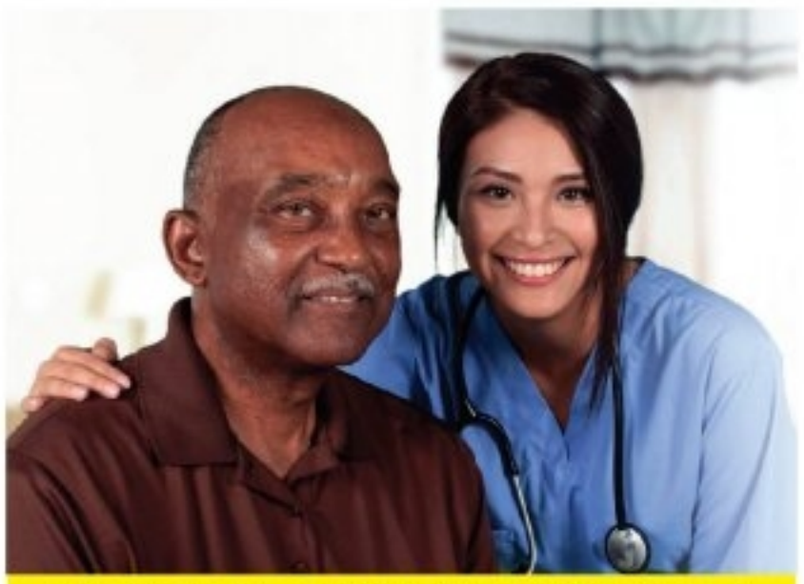

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The poster for "Gosnell: The Trial of America's Biggest Serial Killer." PROVIDED

resents what happened in this investigation and trial. ... We have brought that investigation and trial into a 90-minute movie. ... Every report and film about everything ends up using composite terms and composite writing — it has to be done to tell a story."

The Gosnell film was made in 2015, but release was delayed pending a libel lawsuit filed by respected Philadelphia jurist Jeffrey Minehart, the judge in the Gosnell case, who said the film depicted him as a "hack judge" and "drinking buddy" of Gosnell's lawyer. The suit was settled. Minehart and his attorneys did not respond to requests for comment.

The Philly prosecutor who tried Gosnell's case, Joanne Pescatore, is currently a supervisor in the trial division of the Philly DA's office and declined to comment on the film. She is represented in the film by character Alexis "Lexie" McGuire, played by actress Sarah Jane Morris.

Actor Earl Billings brings a subtle air of lurking psychosis to the role of Gosnell, who opened his clinic in 1979. Despite years of serious complaints from patients and other doctors to the state health department, and the death of 41-year-old Karnamaya Mongar from a fatal overdose of Demerol during an abortion in 2009, the clinic had not been inspected in some 16 years at the time of the drug raids.

Now 77, Gosnell is currently serving three back-to-back life sentences at the state prison in Huntingdon for the murders of three viable infants, plus involuntary manslaughter for Mongar's death. He also pleaded guilty to federal charges of selling some 700,000 pills worth of prescriptions and was sentenced to another 30 years.

In the film, Gosnell's angular clinic — which still stands at 3801 Lancaster Ave., and still technically belongs to him, despite a multimillion-dollar civil judgment entered against him in a wrongful death suit filed by Mongar's family — is portrayed as a massive, looming fortress.

The film also labels Gosnell a "serial killer." But McMahon, who identified himself as pro-choice, said Gosnell was an "educated" man who wanted to help his West Philly community through medical services, and gradually went astray into abortion procedures the jury deemed illegal.

"Was it the Mayo Clinic? No. But was it this bloody, sloppy, horrific location? No. It was an urban abortion clinic," McMahon said. "The case wasn't a referendum on abortion. ... They portray him as some horrific monster, and there's nothing further from the truth."

Woods said he doesn't think the film has a political slant.

"This guy wasn't doing abortions. He was having babies delivered and having their necks slit as they came out of the womb. He did it that way for expediency. It was an abortion mill," Woods said. "If you see the movie, you could take whatever side you want on it, but we, during the trial, had actual abortion doctors, who were legitimate, testify about why what this guy did was wrong. It wasn't made because it's an anti-abortion film. It was just a heinous story. It actually happened right among us, in a major city in America."

McAleer said Gosnell's past proves he was no ordinary abortion doctor.

"The jury convicted him of several heinous first-degree murders, not accidental killings," he said. "He was involved in the mutilation of women in 1972 — an event which the press then called the Mothers' Day Massacre."

Indeed, in 1972, Gosnell performed abortions for 15 low-income women in Philadelphia, using an experimental and destructive device called the "supercoil," which left nine victims with severe complications.

"There is no evidence he cleaned up his act from then," McAleer said. "He has been involved in killings for years. He is America's most prolific serial killer."

Fair or biased? Make up your mind by seeing the Gosnell film for yourself, starting Oct. 12. Theaters listed at gosnellmovie.com.

"He was having babies delivered and having their necks slit as they came out of the womb. He did it that way for expediency."

James Woods, investigator at Montgomery County DA

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IMAGES COURTESY OF CHELSEA TOWER

Another Chelsea morning in Atlantic City

The Tropicana's new Chelsea Tower stays cool and calm high above Atlantic City.

A.D. AMOROSI
letters@metro.us

Two brand-new casino-hotels and the wealth of good feeling and enterprise that came with them; an unprecedented, upcoming university along the shoreline; and scores of anti-Gretchen Carlson posters — these are but some of the defining elements of the see-you-in-September summer in Atlantic City, a rabidly busy and noisy season readying for autumn and the onslaught of gaming, dining and entertainment options.

Into this frantic fray, then, some calm could be needed. So, welcome to the Tropicana and its Chelsea Tower, a newly opened addition to its existing quartet of towers, now with rooftop deck bars, a Chelsea Five Gastropub (once known as Stephen Starr's Chelsea Prime), a Whiskey Five Bar, Gilchrist's famous hot cakes, an oasis pool and spa, and many ocean-facing rooms that offer a respite from the rest of AC's rabble.

The Trop's Chelsea Tower (220 rooms in the tower, 110 in an annex), the former-and-famously-known Chelsea Hotel, was acquired by the Tropicana in 2017 after a December 2016 closing. With its Summer 2018 opening, it became the fifth hotel tower on the Trop property, one that took nearly five years and $200 million worth of upgrades and facelifts.

$1.85B

Tropicana Entertainment Inc. sold its real estate holdings to Gaming and Leisure Properties for $1.21 billion, and merged its hotel/gaming operations into Eldorado Resorts, which is leasing for $640 million.

That this new tower very nearly didn't happen makes the Trop's most recent expansion even more dramatic. Open since 1981 at 2831 Boardwalk with its "old Havana" theme intact, billionaire hedge-fund manager Carl Icahn very nearly ditched his AC acquisition (he had seven Trop properties) until making a $1.85 billion deal with Eldorado Resorts Inc. and Gaming and Leisure Properties Inc. (Actually, Tropicana Entertainment Inc. sold its real estate holdings to Gaming and Leisure Properties for

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$1.21 billion, and merged its hotel and gaming operations into Eldorado Resorts, which is leasing for $640 million.)

Tropicana President and CEO Tony Rodio could not be reached for comment regarding the sales. Trop Boardwalk General Manager Steve Callender wouldn't discuss the done deal, or life under Carl Icahn. "The deal is still being worked out, the Eldorado isn't licensed yet, and there's not a lot we can say," stated Callender. But Callender, who started at the Trop in 2010 in charge of the casino, has been in Atlantic City his whole life — he was one of the original dealers at Resorts in 1978 — was thrilled to chat all things Trop gambling and towering. "I've been here since the start," said Callender. "It's been a great time."

With that, his opinion on all things regarding his town is crucial, and based on reason and history, not the whim of currency. As the Trop gets into sports betting, finally, with a new deal brokered with bookmaker William Hill Race & Sports Book to offer sports betting (no timetable was given for its launch in the Tropicana's North Tower casino near the table games), Callender is psyched. "It's an exciting option for the Trop, especially as we have four sports bars here, including a Chickie & Pete's, and we think sports betting will be a hit with the millennials. We're not rushing it though. We don't want it done sloppily."

When Callender and I spoke originally, the GM hoped that the Trop's sports betting would be up and ready by football season.

The acquisition of the Chelsea Tower and its rooms is an exciting transitional story for the Trop and Callender. Reminding me that the Chelsea was closed last year at this time, Callender believes it was luck and the need for transformation that allowed the Trop's parents to acquire the property and its becalmed atmosphere away from the Boardwalk's main gaming drag.

"We took advantage of the year that we had following the purchase to build a connector, and make the best of the property in relation to the Tropicana," stated Callender. "The value we found in the Trop, when it comes down to straight analytics, means over 300 new rooms, which — at this time in this town — is valuable. We were fully occupied 89 percent of 2017, and needed those new rooms for those overnight stays and weekends throughout the year." That's the pragmatic side of the Tropicana's Chelsea purchase. For even when Atlantic City had its seasons in hell on the gambling side, people still fully occupied AC's hotels for overnights and club life.

"Very much so," said Callender. "Our hotel was packed, and not having more rooms for those overnights hurt. We solved that with the Chelsea."

Then there is a matter of aesthetics and calm when it comes to staying in Atlantic City and the Chelsea Tower. Along with its more recent history of Starr restaurants and club promoters from Philly and New York City, many Atlantic City homeowners and habitual habitués have rich, fond memories of the Chelsea Hotel for its air of calm and coolness.

And that has long been the allure of the Chelsea Hotel — and now, its reenvisioning as the Tropicana's Chelsea Tower: that it is both of and in Atlantic City, and oh-so-very-much of a separate place. A calm and quiet vibe that will exist at a real premium as AC gets hotter and busier.

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Former model ditches runway for 700-mile desert run

While New York Fashion Week kicks into high gear, former model Michele Graglia is gearing up for an extreme ultramarathon.

JEFF TOMKO
jeff.tomko@metro.us

Michele Graglia walked away from the runway soon after discovering he preferred running extremely long distances.

The Italian-born model-turned-runner has gone from showing his abs for Nike and Armani to becoming one of the top ultramarathoners in the world. And as New York Fashion Week continues, the 34-year-old former model begins a world record-setting quest to run Chile's Atacama Desert, a 700-mile course in what is considered the driest region on Earth, with an average rainfall of less than an inch each year.

"Adventure kind of knocked on my door, and showed me a way to get out of the cage," says Graglia, whose passion for the sport began on runs through Central Park about seven years ago. "I felt trapped modeling, but through modeling I discovered my passion."

To finish the TransPerfect Atacama Desert Crossing Project Graglia will look to cover 50 to 60 miles a day for two weeks. It's a combo of crazy and challenging for Graglia, who just a few weeks ago won California's notorious Badwater 135, a 135-mile run from Death Valley to the top of Mount Whitney labeled "The World's Toughest Foot Race." He's also had to conquer extreme cold, in minus-40-degree Yukon in 2016.

"Moving in 130-degree weather is extremely uncomfortable, that's why this is called the most dangerous race," Graglia explains. "But the cold is probably more dangerous."

COURTESY OF MICHELE GRAGLIA

Ultramarathons — races over 26.2 miles — are also expensive, with little prize money offered compared with other sports. So sponsorship and some luck are necessary. Graglia, who works as a yoga instructor at the high-end Ashram Retreat, found both several weeks ago when he crossed paths with New York City businessman Phil Shawe, CEO of global business translation services giant TransPerfect, who was at the spa "renewing his body and spirit." The two hit it off to the point Shawe offered to sponsor Graglia's race.

"One thing led to another and the conversation turned to me doing these races, and this crazy desert," Graglia says. "Then everything escalated to the point where Phil said, 'Let's talk and see if we could make this happen.' From there his help made this quest a reality."

Through sports and business, Shawe sees similarities between Gaglia's latest quest and his creation of TransPerfect, which he developed in his NYC dorm as a student.

"Our team found him to be inspiring, knowledgeable and truly devoted to helping others," Shawe says. "All this played a role in our decision to partner with Michele and support his quest to cross the Atacama in world-record time."

"It's as exciting as it could get — finding opportunities to push my limits. And here, the challenges are limitless."
Michele Graglia

What goes into a 703-mile desert ultramarathon? Graglia will need supplies of water, food, clothes, first aid gear including plenty of sunscreen, plus a crew of about a dozen people who will record the run. Shawe's sponsorship will cost roughly $50,000.

"TransPerfect has always prided itself on overcoming adversity, succeeding against all odds, and giving back to the communities in which we live and work. We couldn't be more proud to play a role in what promises to be a groundbreaking athletic achievement for Michele," Shawe says.

Training up to the run is comprised of "light runs" of 15 miles plus lots of rest and reflection, "To me, this is my life,"Graglia says. "I needed to get away from modeling. I'm grateful for the opportunity to model but it wasn't healthy. I'm happy to be living the way I'm living. It's as exciting as it could get — finding opportunities to push my limits. And here, the challenges are limitless."

However, what would Graglia tell the next model aspiring to make it in ultramarathoning?

"Don't do it!" he says, half-laughing. Then he gets serious. "Change is always scary. But discovering your passion is worth every ounce of sweat."

Kaepernick thanks season's first players to kneel during anthem

Colin Kaepernick used social media to thank the first two players who knelt during the playing of the United States national anthem on the opening Sunday of the National Football League season.

Miami Dolphins wide receivers Kenny Stills and Albert Wilson were the only players reported to kneel before the eight early games kicked off.

"My Brothers @kstills and @ithinkisee12 continue to show their unwavering strength by fighting for the oppressed!," Kaepernick said in a Twitter post accompanied by a picture of the two players kneeling.

"They have not backed down, even when attacked and intimidated. Their courage will move the world forward!

"Love is at the root of our resistance!"

Kaepernick is the most visible face among NFL players who have been using the anthem over the past two years to protest against social injustice and police brutality.

GETTY IMAGES

The issue has remained in the spotlight, with President Donald Trump highly critical of the protesting players.

The NFL owners in May approved a rule requiring players to either stand on the field for the anthem or remain in the locker room, but the policy is on hold pending discussions with the NFL Players Association.

Kaepernick is no longer in the league, but remains in the headlines.

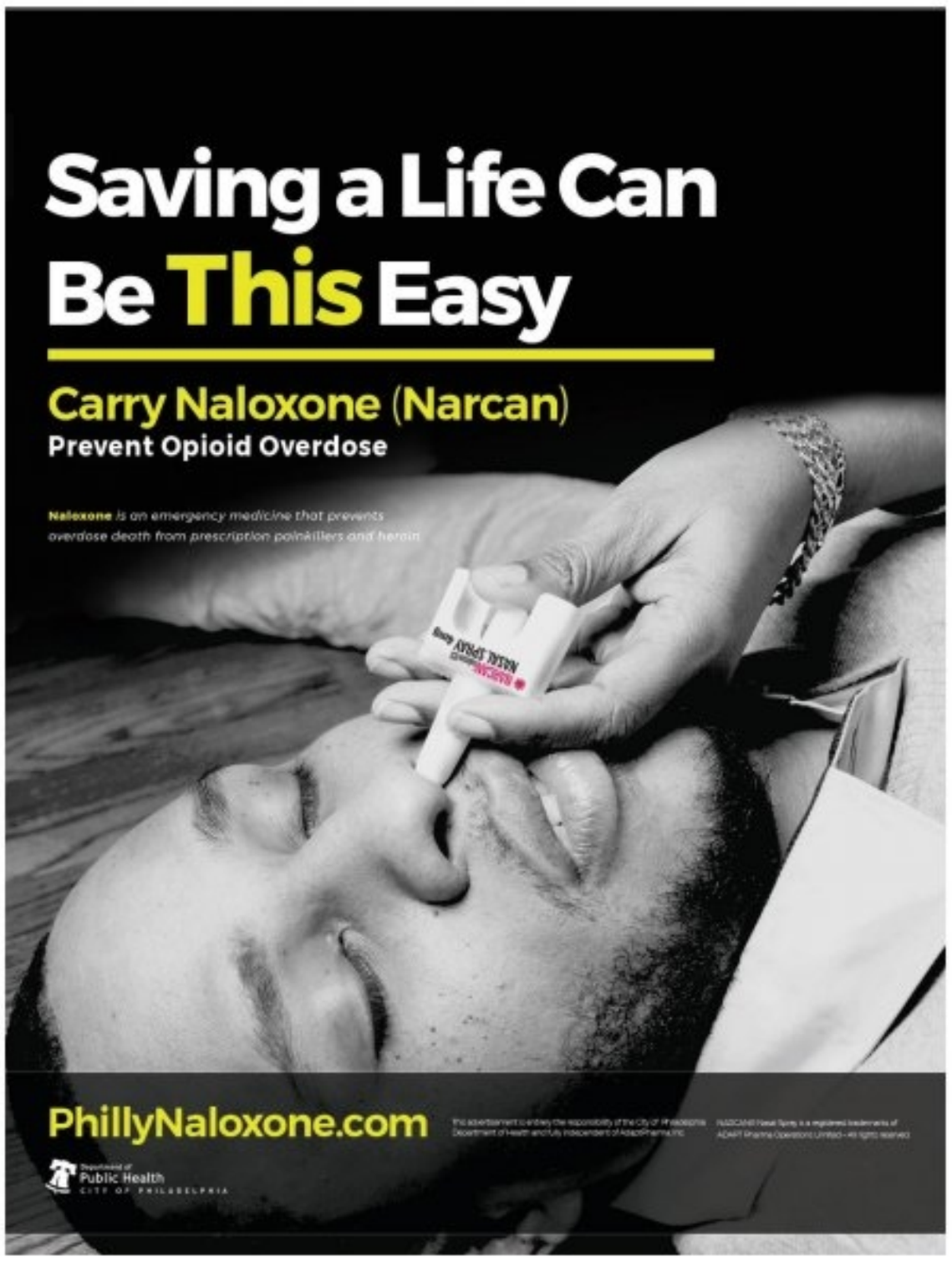
He voices a new Nike commercial that was unveiled during the first game of the NFL season between the Philadelphia Eagles and Atlanta Falcons on Thursday.

If Kaepernick is not backing down as the leader of the player protest movement, then neither is Trump.

On Sunday morning, Trump tweeted a reference to U.S. television ratings for Thursday's game, which started late due to bad weather.

"Wow, NFL first game ratings are way down over an already really bad last year comparison," Trump said.

"Viewership declined 13%, the lowest in over a decade. If the players stood proudly for our Flag and Anthem, and it is all shown on broadcast, maybe ratings could come back? Otherwise worse!" REUTERS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A look at the oddest records in the world

Thousands of incredible and strange records have been set around the globe this year. Many of them were achieved by humans, while others ... by animals. The best of them are celebrated in the new Guinness World Records 2018 edition. Metro highlights the latest jaw-dropping records to enter the globally renowned tome.

METRO WORLD NEWS | PHOTOS: GUINNESS WORLD RECORDS

1 Largest 'Star Wars' toothpick sculpture

U.S.-based Stan Munro has created a toothpick model of the Imperial Star Destroyer from the "Star Wars" saga that measures 15 inches tall, 1.5 feet long long and 31 inches wide. It comprises 15,000 toothpicks and weighs 7.5 pounds.

2 Largest knitting needles

The largest knitting needles measure 14 feet long and have a diameter of 3.5 inches. They were created by Elizabeth Bond from the U.K.

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3 Oldest professional club DJ

The oldest professional club DJ is Japan's Sumiko Iwamuro aka DJ Sumirock, aged 83 years and 118 days, who plays monthly at a club in Shinjuku, Tokyo.

4 Largest rideable hexapod robot

The largest rideable hexapod robot measures 9 feet tall and 16 feet in diameter. It was created by Matt Denton in Wickham, Hampshire, U.K.

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Pat King
Grumble Editor

READER WRITE-INS:

MIND YOUR BUSINESS AND THE WORLD AROUND YOU!

People seem to think they know everything. Even at the workplace. Customers seem to think they know your job better than you know your job. Working in any place dealing with customers is a headache. So, if you know my job better than me , then why are you not doing it??? Stop telling me how to do my job.. A reminder: I get paid for what I do.
Also, Jeff, G., some people actually do important business on their phones. And if the train was saying the right stops, I wouldn't have missed my stop... **Cynthia Jennings**, *Metro Philly reader*

LETTING SLEEPING DOGS LIE: THE ARGUMENT AGAINST DOGS IN BARS

I think we can agree that bars are a place where humans can drink alcohol (in a responsible manner), right? If this is the case, why is it hard to leave your mutt at home while you and your friends get hammered? As a tippler with a dog allergy, I totally understand that dogs and people around them—especially inebriated ones, do not mix well, despite whatever cuteness you imply. Dogs come in all shapes and sizes: navigating around Dobermans and mastiffs isn't fun. You *jejunely* assume that all dogs are house trained or are comfortable with people, but a barking dog inside a crowded tavern is no beneficial matter. Plus that guy slurring "Dreams" by Fleetwood Mac can always be booted out if the jukebox isn't unplugged. My point is: The idea to wantonly bring your animal friends and expect them to behave like humans is a naïve at best and ignorant at worst. Furthermore, the "war on dogs" began when people started toting their pups around eating and drinking establishments, not the other way around. Let sleeping dogs lie at home.
Andrew L., *Metro US reader*

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The winning caption from Jeff Dow, *Metro Boston reader*

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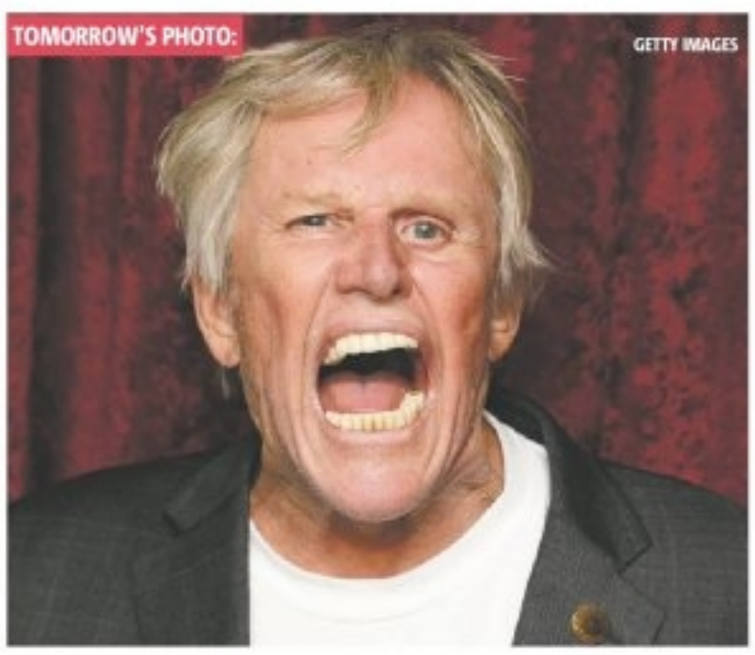

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Aries Embrace your emotions and consider what and who you are up against. Play to win and boost your energy levels to ensure that you reach your goal on time.

Taurus Change can be good if you have a well-thought-out plan in place. Think big, but maintain balance and meet your budget. Tackle things in stages.

Gemini Taking short trips and attending events will lead to knowledge and new opportunities. Do your own fact-checking and create your own vision.

Cancer You can start projects that will encourage change at home and work. How you handle others will make a difference to the outcome. Encouragement will bring you closer to your goal.

Leo Accept the inevitable, but don't initiate change. Joint ventures aren't in your best interest, and making changes at home would be too expensive. Bide your time.

Virgo Make the choice to do all you can. Bringing about change is never easy, but the satisfaction you gain by doing something good will be yours to keep forever.

Libra Listen carefully and make amendments to whatever doesn't sit well with you. Honesty and openness will help you avoid stress caused by always trying to please everyone around you.

Scorpio Personal changes will energize you. Whether it's an alteration at home or to your appearance, the outcome will give you the boost you need to take on bigger pursuits. Romance is highlighted.

Sagittarius Keep an open mind, but don't let anyone railroad you into doing something you shouldn't. If you desire change, take a close look at yourself and strive for self-improvement.

Capricorn Go over important papers and make adjustments that will lead to new opportunities. Organization and preparation will be important.

Aquarius Patience, passion and hard work will pay off. Don't make minor setbacks a big deal, and say no to anyone trying to push you to overspend.

Pisces You'll have plenty of ideas, but what will truly make the difference will be the people you choose to work alongside. Collaborate with those who bring out the best in you. EUGENIA LAST

5 Fun things to do this week

Sing along with Elton John, test your comic skills and more.

A.D. AMOROSI
letters@metro.us

Looking for great, cool things to do in Philly this week? We've got you covered with Elton John, jazz, comedy classes and a family look at a J.M. Barrie classic.

Elton John is in town this week. ALL PHOTOS GETTY IMAGES

The Philadelphia Comedy Academy

The first class of stand-up comic Brad Trackman's monthly workshop on developing and honing a solid five minute set starts tonight. Perhaps, he will explain the two drink minimum that all comedy clubs require from its audience.

Sept. 10, 6:30 p.m., Punch Line Philly, 33 E Laurel St., bradscomedyacademy.com

Soft opening of P.J. Clarke's

Sure, the official grand opening is Sept. 21, but Philly has waited long enough for The Curtis Center's version of the NYC pub classic, P.J. Clarke's, its richly woodsy design and its local fare such as Pennsylvania Dutch chicken and dumplings, soft pretzel pigs in a blanket with Yard's Brawler mustard, plus roasted porchetta sandwiches.

Sept. 10, P.J. Clarke's Philadelphia, 601 Walnut St., pjclarkes.com/location/philadelphia

Donny McCaslin

Audiences may know saxophonist McCaslin and members of his band from their collaborative experience with David Bowie on his final album, "Blackstar." But, McCaslin & Co., have long been nu-lions of the Downtown NYC jazz electronic scene, and the reed man's new album, "Blow," shows that he's still roaring.

Sept. 11, 8 p.m., The Foundry at The Fillmore Philadelphia, 29 East Allen St. $20, thefillmorephilly.com

Elton John

The legendary British icon has promised that this tour — all three years of it — will be his last. If that's not true, it's no big deal. Cher, Ozzy and The Who have done the same repeatedly: announce the end, and milk the end. If it is a last time of touring, we'll miss the grand theater and soulful pop of John. These dates come early in the tour, so we're getting him fresh. Enjoy.

Sept. 11-12, 8 p.m., Wells Fargo Center, 3601 S Broad St., $99+, wellsfargocenterphilly.com

Mary Rose by The Philadelphia Artists Collective

Though this could also slide under "theater," this Fringe Fest offering is one of the fleeting few children's showcases in an offbeat location: "Winnie the Pooh" creator, author J.M. Barrie writing about love and family with and immortality in a haunted Woodlands.

Sept. 12-22, 7 p.m., The Woodlands Mansion and Cemetery, 4000 Woodland Ave., $25, fringearts.com

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5 'Healthy habits' that are quite the opposite

When people hear the phrase "healthy habits," many imagine eating carrots for breakfast, doing exercise the whole day, preparing herbs for dinner and saying goodbye to hamburgers. It's gone so far that we have started to confuse what is healthy with what is actually not. Colombia-based coach Margaret Dance revealed some myths about habits that have an opposite effect than expected. LUZ LANCHEROS MWN

Overtraining

It is thought that training too much will make you lose weight, but you have to remember that the change of the body should be gradual. "This depends on each individual. We have different thresholds of resistance and different sweating hormones. Training does help to lose weight, but if you only do it without resting well, while eating too much, consuming soft drinks, sweets, flours etc., it becomes useless," the expert explains to Metro. "You have to do it three times a week, you have to be watched by a professional to avoid injuries."

Energy drinks are not so powerful

"Drinking those will not give you more energy; it is an overdose of sugar that can even be [bad]. And it will obviously not help to lose weight," Dance states. "Simply consuming water or hydrating is enough unless you want specific results."

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QS

Exercising once per week

Many people program only Sundays for physical activities and believe that it will help. "There will be no results, because too much time passes in between," she says.

Train on an empty stomach and just one part of the body

No, doing crunches every day will not make your abdomen perfect. "The body must have a 24 hours' rest. Routines must be done depending on the areas: one day legs, another day, another area, for example, chest and arms. Doing sit-ups every day is overtraining the muscle. The body needs time and pauses."

Eating "fit" candies won't make you thinner

"People believe that eating diet products, [such] as cookies and cereals, is good. Consuming those deceptive calories makes you feel that you are eating healthy food. But that is not true! To do so, there are other types of food."

ALL PHOTOS ISTOCK

Q&A

MARGARET DANCE
Colombia-based coach

What does it mean to have healthy habits?
It is knowing how to choose the foods that we consume daily but without neglecting all the nutritional groups. [The] body needs all the nutrients. What you need to do is eat five times a day, each meal should have a protein. Also eat nuts, Greek yogurt, chicken, meat, egg and activate the metabolism.

Why are many misled?
Because there is a lost of misinformation about this. People do not see results because there are bad routines and they do not know how to use the existing tools.

What things should be put aside to have a healthy life?
Stop vices such as consuming soft drinks, eating sweets, flours, excess fats, even moderately.glucose, cholesterol, etc. And most importantly: Live in peace, love, understand that each body is different and requires different times and routines. Enjoy the process of changing habits, thus obtaining faster and more satisfactory results.

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Shannon Purser wants *'Sierra Burgess Is a Loser'* to empower kids

The former "Stranger Things" actress opens up about her latest Netflix project. AARON EPSTEIN / NETFLIX

Netflix's latest rom-com continues the streaming website's streak with the genre.

GREGORY WAKEMAN
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Netflix has almost single-handedly rejuvenated the romantic-comedy genre this summer.

Sure, "Crazy Rich Asians" is still dominating the movie box office for a major Hollywood studio, but "Alex Strangelove," "Set It Up," "Ibiza," "The Incredible Jessica James" and, most recently, "To All the Boys I've Loved Before" set the foundations for the $139.5 million it has so far grossed for Warner Bros. Netflix shows no signs of stopping its romantic output: Hot on the heels of the aforementioned films comes "Sierra Burgess Is a Loser," a reworking of "Cyrano De Bergerac" that revolves around the biggest loser in school (Shannon Purser) joining forces with the most popular (Kristine Froseth) so that they can win over their crushes.

In a recent talk with Purser, she insisted that Sierra Burgess as both a film and a character will give the genre another shot in the arm.

"I haven't seen a lot of teen romantic movies in the past decade or so. If I do they all follow very similar tropes to what I have seen before and I was just really impressed with Sierra as a character," Purser says. "She was unique, well-rounded, complex, she didn't fit into the typical nerd box. I just knew that it would be another challenge for me, which I loved."

She adds, "Because Sierra doesn't do everything right, and I think human beings aren't likable all the time. I really like that we get to see her stumble and fall and make really bad mistakes, and go through them and find that redemption and find herself in a really unique way."

The film also stars former "Power Rangers" actor RJ Cyler. NETFLIX

Despite not having a "traditional high school experience," as she was home schooled, Purser said she used her own struggles growing up to enhance her character.

"I didn't really have the traditional high school experience. I was home schooled. I have experienced a lot of regular school moments, but on a film set," says Purser. "I still related to Sierra, and that time in your life when you are trying to find your place in the world and discover who you are and where you belong and wanting to fit in. I pulled a lot from my own personal experiences for the film."

But while Purser insists that Sierra Burgess is a love-child of '80s films, especially those from John Hughes, that uses its "outrageous plot line and story" to feel "authentic and relatable and truthful," she also believes that it has a strong and empowering message at its core for modern teenagers that live their lives through their computers and phones.

"I think that catfishing is this very dramatic and flashy plot device, but it is just symbolic for the way we interact with each other, and that temptation to hide and change ourselves in order to fit in or get someone's approval," she says. "I really hope that people that watch it feel more empowered to be honest and authentic and learn to embrace themselves for who they are."

"Sierra Burgess Is a Loser" is streaming now on Netflix.

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‘City of Joy’ will teach you about the worst humanitarian crisis on the planet today

Director Madeleine Gavin and founder Christine Schuler Deschryver talk us through their stirring project in East Congo.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

The film tackles the crisis going on in Congo. NETFLIX

“City of Joy” is a movie that all of the world needs to watch. In the wrong hands, though, it could have been a film that was impossible to view.

Sure, we’re all inclined to insist that we will sit through, learn and act after viewing Madeleine Gavin’s searing documentary. But being exposed to the horrific violence and rape committed in the Democratic Republic of Congo, which has long been weaponized by the country’s various militia so that they can control the mines and surrounding areas that hold the minerals that power the rest of the world’s electronic products, makes for heavy, if vital, viewing.

Especially when said electronic equipment is right there next to viewers teasing something more light and less intense to escape to. Luckily, after visiting the titular center, which was set up by women’s right activist Christine Schuler Deschryver, Dr. Denis Mukwege and V-Day founder and the author of the “Vagina Monologues” Eve Ensler to help women overcome these atrocities, Gavin knew exactly how to get viewers hooked.

“Even though the stories coming out of Congo were so horrific, there was this palpable strength from the women that was unimaginable to me,” Gavin tells Metro. “I didn’t know how the women, after what they had gone through, still had the desire to live and find hope for the future. Having a young daughter at the time, and with some of them having seen the horrific acts done to their children, I was just in awe.”

Deschryver was always wary of a celebrity or film crew’s actual intentions with “City of Joy” until she met Ensler, who “was the only person that actually asked all these women what they wanted.” Soon after meeting Gavin through Ensler she knew that the director had the perfect vision for covering “City of Joy.”

“The film is positive and shows how the women are so optimistic. It is about empowering women. That can help people to understand and focus on how they can help these women.”

“The joy and the energy from ‘City of Joy’ is unlike anywhere else in the world. That is the place that I have laughed the most in my life,” says Deschryver. “Just because I think that when we all wake up we are so grateful to be alive, well, and have a place like ‘City of Joy.’”

Gavin, who spent four years traveling back and forth to Congo shooting and then editing, went even further with her praise for the power, passion and genuine impact of City Of Joy, which is exactly what she wanted to get through in the film.

“I was struck by these stories not even meeting the women,” says Gavin. “When I finally went to Congo, on the first night I recognized that I had experienced joy in a way that I had never experienced before.”

“In the U.S. we have our highs and our lows. But there’s something that I experienced in Congo, a fierceness of joy that I do not see on the streets of New York City. I made it my mantra in the making of this film that I wanted to try and get that across,” she adds. “I also knew that the stories coming out of Congo were devastating and I was very nervous about audiences turning off and shutting down and being emotionally overwhelmed and not being able to stay with the story.”

Gavin notes that the more she stayed there, “the more I knew that if audiences could experience Congo as I had, and certainly as Christine had as she has devoted her life to these women, then this was a ride I knew the audience would want to go on and would care about.”

“I wanted to create something experiential. So it wasn’t just information,” says Gavin. “It had these highs and lows and an arc and communicated what I had seen for myself in Congo.”

“City of Joy” is streaming now on Netflix.

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Managing the stress of back to school

A study finds what stresses parents out the most this time of year.

PAT KING
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With Labor Day behind us, summer is unofficially over. That means parents are sending their children back to school or putting them on the school bus for the very first time. This can be a stressful time for children and parents. With the stress of daily life on top of the anxiety of a new experience for kids, how can you make sure you are taking care of yourself as well?

A study by Care.com of 1,000 parents found that the most stressful thing for parents at back to school time is simply getting their children out of bed in the morning.

Seventy-six percent of all mothers and 67% of all fathers said that this was the biggest anxiety, followed closely by stresses involved with after school activities which 60% of all parents say they have.

The study also found that parents who said that they were forced to leave work to pick up their children 6.3 times on average and attended school events another 9.1 times a year.

Adding that all up equals over two weeks of interrupted work days each year. Considering many personal time off (PTO) policies at most offices, that could add up to a lot of time that parents could request for things like summer vacations or, in some cases, sick time away from work.

The study also found out that the average parent spends around $220 per child going into elementary school in the fall.

76%

of all mothers say the most stressful thing is getting their children out of bed

This could be tough for parents working hourly wages who might have to take time off from work to pick up their children from school or attend school functions.

In fact, managing the stresses around back to school time is something employers should take note of and understand.

Most parents must devote time at this time like they would to like part-time job.

"I try to talk to my children as much as possible so that I stay engaged," one 31-year-old mother of four told Care.com on how she prepares herself for this time of year.

"Also, I visit their school lunches to reduce their anxiety. Waking up early and preparing everything the night before helps with morning stress."

The truth is, the more you find time to prepare for the morning madness before sending your children off to school and heading to work, the better off you will be.

To be honest, it will never be easy juggling it all. Just take a deep breath and remember that you can get through this.

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LA RAMS (-4) AT OAKLAND

BET OF THE DAY

We saw one huge upset in the NFL on Sunday as the Buccaneers put up 48 points in New Orleans to take down the overrated Saints. What would be equally shocking is if Oakland were to beat the Rams late tonight. The line here started out as Rams -2.5 but has moved to Rams -4. The hype is real with LA, unlike New Orleans.

The Pick: LA RAMS (-4)

MORE ODDS AT METROBET.US

Feeding Ajayi now a must

The Eagles running back looked particularly strong in the opener.

JOVAN ALFORD
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Jay Ajayi looked strong in the Eagles opener this past Thursday. GETTY IMAGES

Last season, the Eagles made a sneaky move at the trade deadline, acquiring running back Jay Ajayi from the Miami Dolphins for a draft pick. It was another low-risk, high-reward move by executive vice president of football Howie Roseman.

Ajayi had a tremendous 2016 season with the Dolphins, rushing for a career-high 1,272 yards and eight touchdowns. He was also one of the main catalysts in leading Miami to the playoffs that season while showing the NFL he could potentially be a feature back.

That was not the case last season as Ajayi struggled through the first eight games. He only accumulated 465 rushing yards and averaged a disappointing 3.4 yards per carry.

But when he switched conferences last October, the former first-round had a resurgence with the Eagles in their running back-by-committee system.

Fast-forward now to Week 1 of the 2018 season and Ajayi showed everybody, including the Eagles' coaching staff, that he is ready to be the workhorse running back.

In Thursday night's six-point victory over the Falcons, Ajayi was Philly's only running back that had some success on the ground. Atlanta did a great job of bottling up both second-year back Corey Clement and veteran Darren Sproles in the first quarter.

However, Ajayi started to get going in the second quarter, punishing the Falcons' defense with a couple of nice runs between the tackles. As the game wore on, Ajayi only got stronger and capped off the Eagles' second offensive drive in the third quarter with a one-yard rushing touchdown.

After the game, head coach Doug Pederson elaborated more on why he used Ajayi the way he did against Atlanta.

"We just tried to find a spark offensively, whether it be the runner, whether it be the run scheme, the run fit, whatever it was, and we just couldn't find it," Pederson explained.

"In the second half we made some adjustments, at halftime, and I made a conscious effort just to keep him in there on some of those runs. And he was running really hard, and obviously the touchdown late and the two-point conversion were evident of his ability to run the football, and just leaned on him a little bit more in the second half."

It was certainly a smart decision by Pederson to lean on Ajayi because he had 51 yards and two touchdowns in the second half alone. Over his career, Ajayi has proven to be a better second-half back as his yards per carry increases from 4.3 in the first half to 4.4.

While those numbers are not a huge difference, you can see when Ajayi gets into a rhythm, it is hard to slow him down.

"Obviously it was a great game for our running back room. The offensive line set the tone. We knew coming into this game that if we were able to go make a [stat] line like we know we can, we would have a good day," Ajayi said.

"I knew I would have a good day if I just stayed being myself and being the 'Jay Train.' It was exciting to start the season off right."

For Philadelphia to have success this season and especially in these next few games, they will need to get the Jay Train rolling. If he is rolling and wearing down defenses, it will open things up for Clement and Sproles when they are in the game.

The running back by committee carried Philadelphia throughout last season and it can do the same thing for them this season. Nevertheless, Ajayi is already proving that the Eagles need to continue to feed him the ball.

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Branden Mack catches a touchdown pass against Buffalo on Saturday. GETTY IMAGES

Temple vows 0-2 start won't spell 2018 doom

It is the Owls' first 0-2 start in the past five years.

JON MARKS
sports@metro.us

Don't tell Geoff Collins and his Temple Owls they're doomed after falling to 0-2 for the first time since 2013 in an excruciating 36-29 loss to Buffalo on Saturday at Lincoln Financial Field.

They're convinced as long as they stick together, work hard and clean up some of the issues that have cost them these first two weeks — particularly on third down — they can still turn it all around.

"It's the first time that's happened since I've been here," said grad student defensive tackle Michael Dogbe, after Bulls' All-American wide receiver Anthony Johnson broke free from a tackler and took it to the house for the game winner with 59 seconds left.

"I was part of the group that turned it around, so it's not a good feeling. But it's a long season. We've got a lot of ball left. It's not too late to turn it around."

To do so, the Owls will need to be a lot more efficient on both sides of the ball to reverse an alarming trend that has seen them surrender 832 yards the past two weeks.

Going against Buffalo's massive 6-foot-7, 245-pound quarterback Tyree Jackson, who threw for 275 yards and three touchdowns while Kevin Marks rushed for 138 yards and two scores, Temple simply couldn't come up with the stops when it most needed it.

"Getting off the field on defense we have to improve that," said Collins, as Buffalo drove 81 yards in 10 plays for the winning score, converting three third downs along the way, including one when Temple was called for roughing the passer after an incomplete pass.

Reversing that trend against 2-0 Maryland next week, who'll be playing in an emotionally charged College Park for the first time since the controversial death of freshman Jordan McNair during a summer workout, won't be easy.

"The biggest thing is staying together and staying as one," said Frank Nutile, who had an up-and-down day.

Nutile threw for 215 yards and three scores, but also got picked off twice and had the ball stripped with 15 seconds left and Temple desperately trying to come up with a miracle finish.

"We'll come in, watch tape and evaluate," he continued. "We can't mope about it. We've just got to be ready to go."

Against Villanova and Buffalo, the Owls have had flashes of brilliance. But after taking second-half leads in both games, they've suffered critical breakdowns, particularly in the secondary, which has been torched for six touchdowns.

Nevertheless, the good thing is there's plenty of time to recover, even with a rugged American Athletic Conference schedule that includes games at Navy, Houston and Central Florida.

A New Kind of Sex Pill Beats Generic *Viagra* to the Market

A patented pill costing less than $1 a dose stands to help millions of men with failing sex lives; no prescription will be required

By Ray Wilson
Associated Health Press

AHP – A new sex pill is set to take the spotlight with the Viagra patent about to expire. But unlike the former, it won't require a prescription and is priced just under a $1 a dose.

The new pill called *Vesele* is part of a new class of performance enhancers for men, which work instantaneously on the body and mind triggering arousal and firmer, harder erections.

Formulated with a special compound known as an "accelerator", *Vesele* can transport its active ingredients faster and more efficiently into the blood stream, where it begins to work its magic.

The patented ingredient blend initiates a process known as vasodilation, which causes arteries and vessels throughout the body to expand. This allows blood to flow directly to penis and genitals, resulting in harder erections which last longer. Cialis and Viagra are based around a simlilar concept.

But what makes *Vesele* so remarkable, and what these other sex pills can't do, is that also directs a small portion of this blood flow to the brain, which creates feelings of intense arousal. In laymen's terms, users become incredibly excited and turned on.

This is why the makers of *Vesele* say their pill has worked so effectively in clinical trials. It stimulates the two most important organs for great sex, the penis and the brain.

The Brain Erection Connection

Until now, medical researchers did not fully understand the brain-erection connection. It has now been made clear with *Vesele*. When both are supplied with a constant blood flow, men are harder and firmer for longer...and have unbelievable sex drives.

"Most of the research and treatment methods for men's sexual failures have focused on physiological factors and have neglected the emotional ones. For the leading sex drugs to work, like Cialis and Viagra, you need visual stimulation" explains Dr. Henry Esber, the creator of *Vesele*.

"And although they work for some men, the majority experience absolutely no fulfillment during sex.

According to research published by the National Institute of Health, 50% of men taking these drugs stop responding or can't tolerate their side effects...and on top of that they spend $50 per pill and it doesn't even work half the time.

This is what makes *Vesele* so different and effective. It floods the blood stream with key ingredients which cause arteries all over the body to expand. The patented accelerator speeds up this process even more.

The result is a rush of blood flow to the penis and brain, helping to create an impressive erection and a surging desire for sex. Often, this is all men need to get going. And when taken regularly, many men say they are energized and aroused all day."

Great Sex At Any Age

With the conclusion of their latest human clinical use survey trial, Dr. Esber and his team are now offering *Vesele* in the US. And regardless of the market, its sales are exploding.

Men across the country are eager to get their hands on the new pill and according to the research, they should be.

In the trial above, as compared to baseline, men taking *Vesele* saw a staggering 85% improvement in erection hardness over a four-month period. Their erections also lasted twice as long.

These same men also experienced an astounding 82% increase in the desire for sex (libido/sex drive) and an even greater improvement in overall satisfaction and ability to satisfy their partners.

Many men taking *Vesele* described feeling horny and aroused through the day. The anticipation before sex was amazing. They were also easily turned on. Their moods were more upbeat and positive, too.

Faster Absorption into the Blood Stream

Vesele is made up of three specialized ingredients: two clinical strength vasodilators and a patented absorption enhancer often called an accelerator. According to an enormous amount of clinical data, each is very safe.

Research shows that with age, many men lose their desire and interest in sex. They also struggle to produce an erection firm enough for penetration.

And although there are many theories as to why this happens (including a loss in testosterone) one thing is certain, inadequate blood flow is virtually always to blame. That's why sex drug manufacturers focus on blood flow, it makes your erection hard.

But what's more surprising, and what these manufacturers have failed to consider, is that lack of blood flow can also kill your sex drive. That's because blood supplies energy for the brain. This energy is required for creating brainwaves that cause excitability and arousal.

Studies show the *Vesele* stimulates the entire cardiovascular system, including the arteries that lead to both the brain and penis. The extreme concentration of the ingredients combined with the accelerator ensures that this process starts quickly.

The sexual benefits of *Vesele* are also multiplied as its ingredients build up in the system over time. This is why many men take it every single day.

Expiring Patent Opens the Door to a New Sex Pill: *Vesele* is a new pill that cost just $1 a dose does not require a prescription. It works on both body and mind to increase arousal and erection hardness.

Recent Studies Show Positive Effects on Women

In the same study referenced throughout, *Vesele* was also shown to have an amazing (and somewhat surprising) effect on women too. That's because the same arteries and vessels that carry blood and oxygen to the brain and genitals are the same in men and women.

"In our most recent study, women taking *Vesele* saw a stunning 52% improvement in arousal and sex drive. Perhaps more impressive, they also experienced a 57% improvement in lubrication.

You can imagine why some couples are taking *Vesele* together. Everything feels better. Everything works better. Everyone performs better. It's truly amazing."

A New Frontier of Non-Prescription Sex Pills

With daily use, *Vesele* is helping men (and women) restore failing sex lives and overcome sexual lets downs without side effect or expense.

Through a patented absorption enhancer, the *Vesele* formula hits the bloodstream quickly, resulting in phenomenal improvements in erection firmness and hardness. By boosting blood flow to the brain, users also experience sexual urges and arousal they often haven't felt in years.

Where to Find Vesele

This is the official release of *Vesele* in Pennsylvania. As such, the company is offering a special discounted supply to anyone who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Pennsylvania residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-852-4304 and will only be open for the next 48 hours. Only a limited discounted supply of *Vesele* is currently available in your region.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE U.S. FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS NOT TYPICAL.

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#2313 Jasmine Hill, #2336 Cassandra Smith, #2346 Eric Thompson, #2410 Khalil Harris, #2419 Tamara Gravley, #2713 Rudina Elliot, #3105 Sandra Bruce, #3116 Nekisa Timmons, #3135 Marquis Demagnus, #3136 Jenea Boone, #3311 Nadine Dickens, #3334 Shawn Willis, #3347 Paris Williams, #3402 Manuel Walker

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#2301-Melissa McCarty, #1801-Katelyn Bell, #1519-Robert Bethune, #2805-Alicia Lynch, #2410-Cornelius George, #2614-Joseph Marusak

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Were adjustments made by Flyers this offseason enough?

JVR reunion was nice but Philly likely needs more.

ERIC GOLDSTEIN
letters@metro.us

James van Riemsdyk was the Flyers' big offseason pick-up. GETTY IMAGES

Flyers General Manager Ron Hextall finally exited his comfort zone this summer.

Instead of playing it safe on July 1, the first day teams can sign unrestricted free agents, Hextall found his checkbook buried somewhere in his desk and shelled out $35 million over the next five years for left winger James van Riemsdyk.

It was a major departure from the past four years of his tenure, when his signature offseason moves included journeyman goalie Brian Elliott, disappointing fourth line center Dale Weiss, or oft-injured goalie Michal Neuvirth. Rather than continue to shop in the discount rack, Hextall targeted and acquired one the best free-agent options on the market.

He also chose not to re-sign free agent goalie Petr Mrazek, defenseman Brandon Manning and forwards Valtteri Filppula and Matt Read — all considered additions by subtraction.

While the reunion with JVR, who was drafted second overall by the Flyers in 2007, has excited Flyers fans, the key question that remains as we approach the start of the training camp is: Did Hextall improve the Flyers enough this summer?

Before we answer, let's break things down one decision at a time.

There is no debate that Hextall instantly upgraded the offense, and its depth, with the arrival of JVR, who scored a career-high 36 goals last season and has averaged in the high-20s over the past five seasons with the Maple Leafs. He figures to nicely complement Nolan Patrick and Jakub Voracek on the second line to give the Flyers a formidable one-two punch of lines with Claude Giroux, Sean Couturier, and Travis Konecny up top.

The third line should be better as well. Wayne Simmonds, who scored 24 goals last season while battling several injuries, and emerging rookie Oscar Lindblom will play on the outside while the Flyers figure out who is the center in training camp from a long list of in-house candidates.

Expect JVR's arrival to balance out the power play, too. He should join the first unit, which was lethal last year. Meanwhile Simmonds, who is one of the best scorers in the league with the man-advantage, will drop to the struggling second unit.

On defense Travis Sanheim, who is coming off a promising rookie season, should see an expanded role and ice time with Mannon's departure. It also possibly opens the door for Philip Myers, another prized defensive prospect, to join the club during the season.

However, Hextall failed to address other key areas.

Hextall did nothing to stabilize the shaky backup situation in goal. Elliott was a steady presence last season as the starter but Neuvirth, his backup, is injury prone and unreliable, and another backup, rookie Alex Lyon, has little NHL experience.

While there is no shortage of candidates to win the third line center job, Hextall might have been better off spending a little extra money, which he has plenty of under the cap, on a veteran or even to retain Filppula, who signed a very manageable one-year, $2.75 million deal with the Islanders.

And lastly, the penalty kill, which ranked among the worst in the league, remains status quo.

To sum up, Hextall moved his club forward and put it in a position to win a playoff round for the first time in six years with his offseason moves, but left too many holes for the Flyers to probably compete for anything more.

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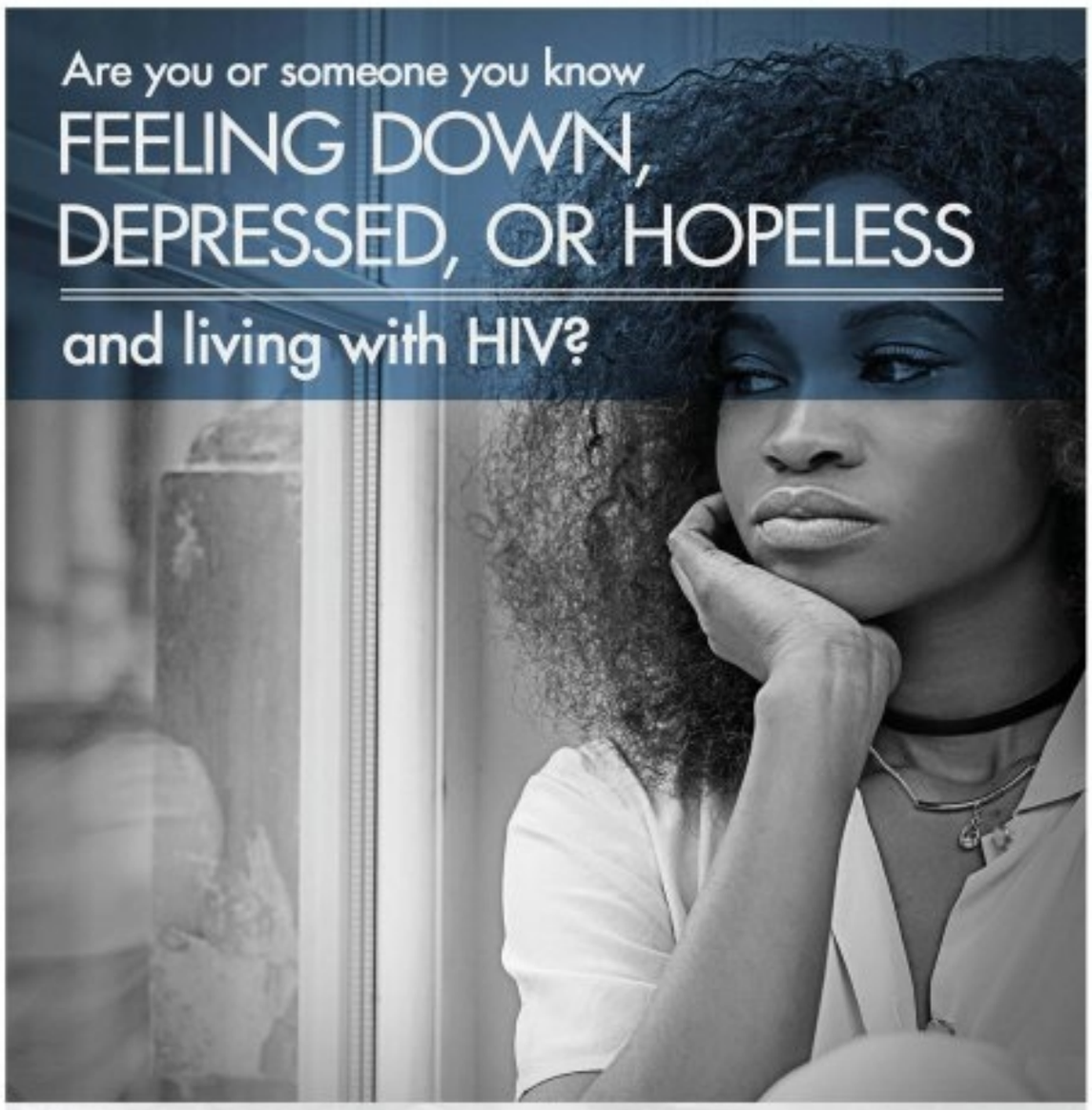

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City of Philadelphia
Public Hearing Notice

The **Special Committee on Regulatory Review and Reform** of the Council of the City of Philadelphia will hold a Public Hearing on **Wednesday, September 12, 2018, at 10:30 AM, in Room 400, City Hall,** to hear testimony on the following item:

170179 Resolution authorizing the creation of a "Special Committee on Regulatory Review and Reform," to identify archaic, superfluous, and confusing provisions in The Philadelphia Code and in departmental regulations; and to recommend revisions that streamline, clarify and enhance the City's regulatory environment, for the purpose of accelerating the growth of well-paying jobs in Philadelphia while ensuring the safety and well-being of its residents.

Immediately following the public hearing, a meeting of the Special Committee on Regulatory Review and Reform, open to the public, will be held to consider the action to be taken on the above listed item.

Copies of the foregoing item are available in the Office of the Chief Clerk of the Council, Room 402, City Hall.

Michael Decker
Chief Clerk

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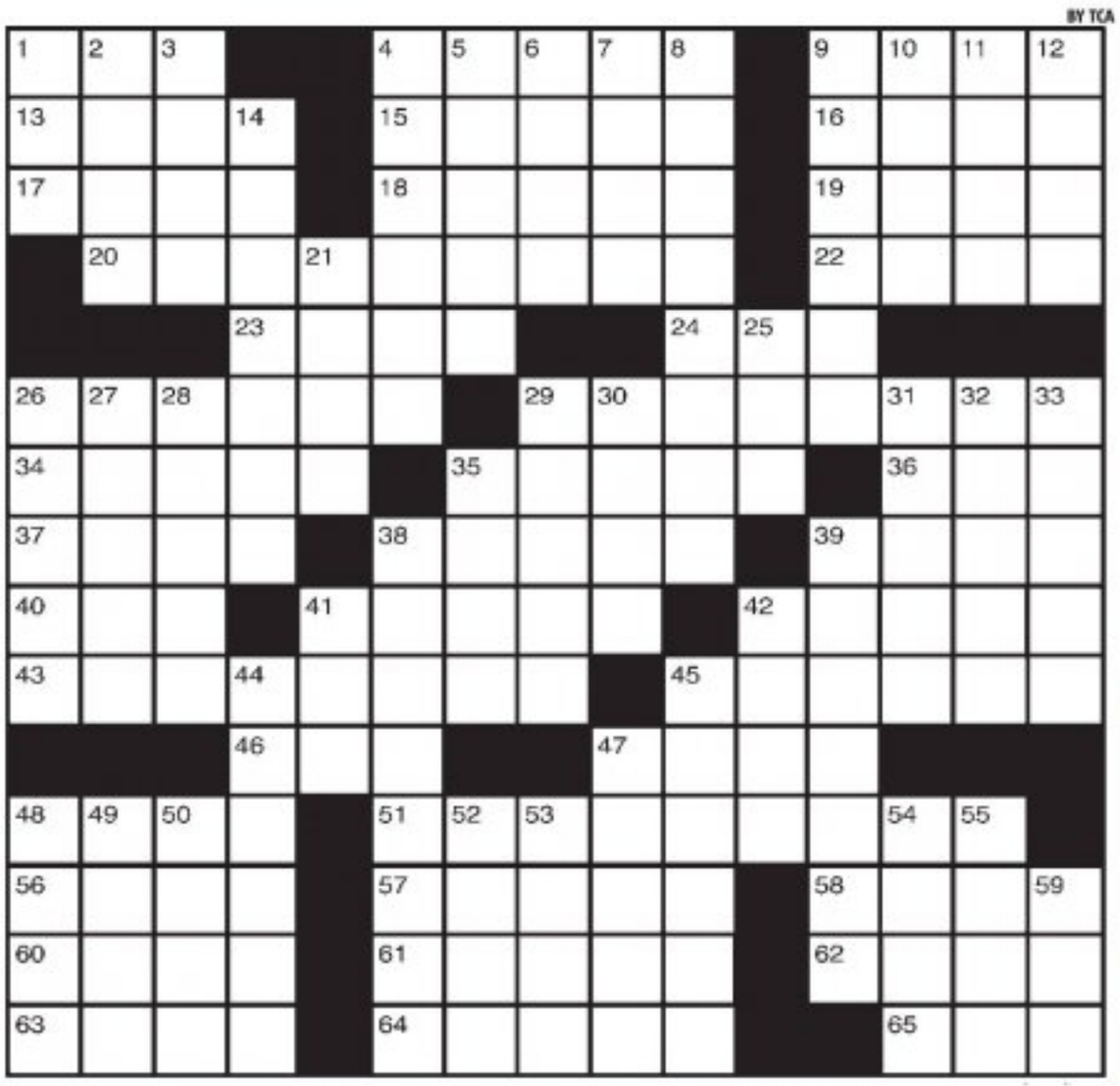

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ACROSS

1 Think a __ of; admire
4 Sooty residue
9 __ Louie; "King of Salads"
13 Singles
15 Short-tailed weasel
16 Give a job to
17 Word to a pest
18 Sicker than before
19 Large trees
20 Get rid of
22 Forty winks
23 Passenger's payment
24 Two-__; like most toilet paper
26 Angry scolding
29 Vulnerable
34 Rehearsal
35 __ in; stops resisting
36 Compete
37 Refuse to grant a request
38 Casts a ballot
39 "Pussycat, Pussycat, where have you __?..."
40 Pen contents
41 Refueling ship
42 Waive
43 Actor Clint
45 Café employee
46 Down with a bug
47 Cash register
48 Tiny branch
51 Adorn
56 Seldom seen
57 Gets closer to
58 Person, place or thing
60 Fragrance
61 Egypt's capital
62 Very excited
63 Loud prolonged noises
64 Actress Burstyn
65 Small barrel

DOWN

1 __ Angeles Dodgers
2 First word in a fairy tale
3 Greenish-blue
4 Like Jacuzzi waters
5 Oliver or Sharon
6 Circle dance
7 Vane direction
8 Spires
9 Ladd or Tiegs
10 Make angry
11 Upper limbs
12 "Father Knows __"
14 In a rigid way
21 Injure by manhandling
25 Record albums, for short
26 Guitarist Van Halen
27 Madison Square Garden, e.g.
28 Skating ovals
29 Despised
30 __-present; always around
31 Chris of tennis
32 Military blockade
33 Man in a casa
35 Neighbor of Wyo.
38 Brutality
39 __ mad; enraged
41 Nocturnal bird
42 Collapse
44 Animals with stripes
45 20th-century U.S. president
47 __ Haute, IN
48 __ on; trampled
49 Dry streambed
50 Wrought __ fence
52 Breakfast or lunch
53 Arrestee's hope
54 Enjoy a long bath
55 Enormous
59 Unpleasant spouse

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